

Abstract

Title:

Jumping load in elite volleyball players at the World Cup 2013

Aim:

The aim of this work is to determine jumping load at individual, gaming, specialized features selected teams for the World Cup 2013. Using selected units were Czech Republic, China and Brazil.

Method:

In this work, I used the method of empirical observation videos from World Cup in Brno and Prostějov 2013. Observation data was recorded for clarity in the statistical tables in Microsoft Excel 2010. The results were processed, then expressed verbally and tabular.

Results:

The results showed that the most jumping load specialization in post feeder. Load more specializations in each team differed. In the Czech team to the blocker, then the passing spikers a minimum load of jumps was diagonal player. In the Chinese group after feeder, most jumps implemented post spiker, followed blockers and diagonal player. The Brazilian team a few less jump than feeder implemented blockers, then diagonal player, at least reflections were recorded both the passing spikers.

Keywords:

Volleyball

Jumping load

Junior category

Fitness training